WE CLAIM:

1	1.	A flexible circuit comprising:	
2		a substrate having a plane;	
3		a flexible and extensible structure formed within said substrate and co-planar with	
4	said substrate	; and	
5		wherein said structure is adapted to be extended out of said plane by a distance	
6	greater than a maximum lateral dimension of said structure.		
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1	2.	The flexible circuit according to Claim 1 further comprising a pathway formed on	
2	said structure.		
1	3.	The flexible circuit according to Claim 2, wherein said pathway is a capillary for	
2	transferring a fluid.		
1	4.	The flexible circuit according to Claim 2, wherein said pathway is an electrical	
2	lead for transferring an electronic signal.		
1	5.	The flexible circuit according to Claim 2, wherein said pathway is an electrical	
2	lead for transf	erring an electrical signal.	

1 6. The flexible circuit according to Claim 2, wherein said pathway is an optical fiber 2 for transferring an optical signal. 7. 1 The flexible circuit according to Claim 6, wherein bending radii of said optical 2 fiber are large enough to prevent substantial optical loss from said optical fiber. 1 8. The flexible circuit according to Claim 1, wherein said structure is a spiral. 1 1 2 2 9. The flexible circuit according to Claim 8, wherein said spiral is an Archimedes spiral. å± 1 10. The flexible circuit according to Claim 8, wherein said spiral is a parabolic spiral. 11. The flexible circuit according to Claim 8, wherein said spiral is a polygonal spiral. 1 12. The flexible circuit according to Claim 11, wherein said spiral is one of a square 2 spiral, a triangular spiral, a pentagonal spiral and a hexagonal spiral. 1 13. The flexible circuit according to Claim 1, wherein said structure has geometric

features selected from a group comprising spiral, bend, curve, twist, turn, curl, loop, u-turn and

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zig-zag.

- 1 14. The flexible circuit according to Claim 1, wherein said structure is defined by
- 2 perforations.
- 1 15. The flexible circuit according to Claim 1, wherein said structure comprises a boss
- 2 for receiving a force to extend said structure out of said plane.
- 1 16. The flexible circuit according to Claim 1 further comprising at least a first
- 2 pathway and a second pathway.

1	17. A flexible circuit comprising:			
2	a substrate having a plane;			
3	a flexible and extensible structure formed within said substrate and co-planar with			
4	said substrate, said flexible and extensible structure is adapted to be extended out of said plane			
5	by a distance greater than a maximum lateral dimension of said structure; and			
6	a pathway on said structure.			
1	18. The flexible circuit according to Claim 17, wherein said pathway is a capillary for			
52 3	transferring a fluid.			
	19. The flexible circuit according to Claim 17, wherein said pathway is an electrical			
	lead for transferring an electronic signal.			
2	20. The flexible circuit according to Claim 17, wherein said pathway is an optical			
2				
1	21. The flexible circuit according to Claim 20, wherein bending radii of said optical			
2	fiber are large enough to prevent substantial optical loss from said optical fiber.			
1	The flevible circuit according to Claim 17, wherein said structure is a spiral			

- 1 23. The flexible circuit according to Claim 22, wherein said spiral is an Archimides 2 spiral. 1 24. The flexible circuit according to Claim 22, wherein said spiral is a parobolic 2 spiral. 1 25. The flexible circuit according to Claim 22, wherein said spiral is a polygonal 2 spiral. 26. The flexible circuit according to Claim 25, wherein said spiral is one of a square **1**2 spiral, a triangular spiral, a pentagonal spiral and a hexagonal spiral. 1 27. The flexible circuit according to Claim 17, wherein said structure has geometric features selected from a group comprising spiral, bend, curve, twist, turn, curl, loop, u-turn and 11 3 zig-zag. 1 28. The flexible circuit according to Claim 17, wherein said structure is defined by perforations. 2
 - 1 29. The flexible circuit according to Claim 17 wherein said structure comprises a boss 2 for receiving a force to extend said structure out of said plane.

- 1 30. The flexible circuit according to Claim 17 further comprising a second pathway
- 2 on said structure.

1	31.	A method of manufacturing a fluidic flexible circuit comprising:	
2		forming a trench in an upper surface of a first sheet;	
3		locating a second sheet on said upper surface of said first sheet, thereby covering	
4	at least a portion of said trench to form a capillary;		
5		wherein said first sheet and said second sheet form a substrate;	
6		forming a pattern in said substrate, said pattern formed in a shape that defines an	
7	extensible structure, said extensible structure adapted to be extended out of said plane by a		
8	distance greater than a maximum lateral dimension of said structure, said extensible structure		
9	carrying said capillary.		
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] = 1	32.	The method of Claim 31, wherein said step of forming a pattern includes forming	
4 2 4 3 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	a groove formed in said substrate.		
	22		
1	33.	The method of Claim 31, wherein said step of forming a pattern includes forming	
2	a series of perforations formed in said substrate.		

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1	3 5.	An assembly comprising:
2		a target volume;
3		a substantially planar structure adjacent to said target volume, said structure
4	having a boss	•
5		a pin for engaging said boss for selectively forcing said boss out of a plane
6	defined by sai	d substantially planar structure and forcing said boss into contact with said targe
7	volume.	
	3	
1	36.	The assembly according to Claim 16, wherein said target volume comprises a
2	sample well c	ontaining a sample fluid.